During Attacks Of Heart Failure. Would Appear To Be

Dead.

Dr. Miles' Heart Cure Relieved and Cured.

"I have no hesitation in saying that Dr. Miles' Heart Cure is all that one can wish it Miles' Heart Cure is all that one can wish it to be. I was troubled with heart disease for fifteen years. I have tried many different remedies but until I tried Dr. Miles' Heart Cure I could find no relief. I was subject to headaches and had tried your Pain Pills and they were so effective I thought your Heart Cure might help me. I would have attacks at times so severe that I would be stone blind for the time being. During these spells I would be to all appearances dead. I took the medicine strictly as directed and I can truthfully say that I am completely cured. can truthfully say that I am completely cured. I advise all that are troubled with heart disease to take Dr. Miles' New Heart Cure at once. I write this and give my name to my fellow sufferers."-S. E. Purdy, Atkinson

"I first felt the effects of a weak heart the fall of 1896. I saw an advertisement in the Sioux City paper in which a man stated his symptoms which seemed to me to indicate a trouble similar to mine. I had a soreness in the chest at times, and in my shoulder, an oppressive choking sensation in my throat and suffered from weak and hungry spells. I was truly frightened at my condition and procured six bottles of Dr. Miles' Heart Cure. Since taking my first bottle I have never been bothered by any of the old disagreeable symptoms and now am well and consider my cure permanent."—Lewis Anderson, Kuhn, S. D.

All druggists sell and guarantee first bot-tle Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind.

SNOW MAY FALL TO-DAY; FAIR, COLDER THURSDAY



WASHINGTON, Feb. 9 .- Forecast for Wednesday and Thursday:

Indiana-Snow on Wednesday. Thursday

ir and colder in extreme south portion; Ohio-Snow on Wednesday, possibly becoming heavy; continued cold. Thursday fair in west, snow in east portion, colder in south portion; increasing north winds.

Kentucky - Snow Wednesday, possibly heavy. Thursday fair and colder. Illinois-Snow on Wednesday; colder in south portion. Thursday fair; brisk to high Lower Michigan-Fair in north; snow in south portion on Wednesday. Thursday generally fair; fresh to brisk north winds. Wisconsin-Fair on Wednesday, except snow in southwestern portion. Thursday fair; fresh north winds. Nebraska, Kansas, Oklahoma and Indian

Territory-Fair and continued cold on Wednesday. Thursday fair with rising tem-North Dakota-Fair and continued cold on Wednesday. Thursday fair; not so cold. South Dakota-Fair on Wednesday; not

in extreme west portion. Thursday fair with rising temperature.

Iowa-Generally fair on Wednesday and Thursday; not so cold Thursday in west Minnesota-Fair and continued cold on Wednesday. Thursday fair with rising temperature; fresh north winds.

Local Observations on Thursday. Pres. Ther. R.H. Wind. Weather. Pre. 18 84 N'east. Pt. Cl'dy 0.00 22 89 North. Clear 0.00 Maximum temperature, 28; minimum tem-

Comparative statement of mean temper-ature and total precipitation on Feb. 9: Normal Departure for day -10 Departure for month -60 Departure since Jan. 1 -249 *
Plus W. T. BLYTHE,

Section Director. Yesterday's Temperatures.

Amarillo, Tex.....

Atlanta, Ga 42 Bismarck, N. D.....-20 Buffalo, N. Y..... 0 Calgary, Alberta....-22 Chattanooga, Tenn..... 38 Cheyenne, Wyo 16 Dodge City, Kan..... Havre, Mont.-18 telena, Mont.-8 Jacksonville, Fla. 56 Kansas City, Mo..... 16 ander, Wyo. Little Rock, Ark Montgomery, Ala. New Orleans, La. New York, N. Y. Norfolk, Va. 28 North Platte, Neb...... Omaha, Neb. Palestine, Tex. Parkersburg, W. Va. ...

Strike of Stable Men.

htladelphia, Pa..... 14

u Appelle, Assin.....-28

Salt Lake City, Utah

San Antonio, Tex...... Santa Pe, N. M......

tapid City, S. D ...

CHICAGO, Feb. 9 .- Four hundred members of the Stable Employes' Union at the Inion Stockyards struck to-day because the Union Stockyard and Transit Company and the owners of commission sales stables at the yards refused to grant demands for an increase in wages from \$45 to \$55 a month. There is declared to be little fear that the strike will involve any other

FIRE SCARE AT CHICAGO; SEVEN MEN ARE INJURED

ing That Proved Difficult to Control.

SEVERAL ALARMS GIVEN ENGINEER

CHICAGO, Feb. 9 .- At 1 o'clock this morning a serious fire broke out in the lumber and Allport streets, in a building owned by by the Chicago Table Company.

that the greater part of the factory was doomed unless additional help was secured. A special call was sent for additional help, but before it had arrived the flames, driven MAIL STEAMER KOREA by a high wind from the east, had spread through the block from Allport street to Throop street and leaped across the latter thoroughfare and had attacked the box factory of J. J. Wintermeyer.

The department was unable to check it here, and additional calls were sent for more engines. At 1:30 a. m. the fire was blazing furiously and was beyond control. From the plant of the Wintermyer Company the flames spread to the establishment of the Chicago Picture Backing Company, which adjoins it on the street, and this place was soon in flames. The lumber yard of H. C. Schultz, on Throop street, was attacked by the flames, but after a hard struggle the firemen succeeded in checking its spread. The plants of the Chicago Table, the Chicago Picture Backng Company and of the Wintermyer Company were completely destroyed. It is expected that the loss will reach \$350,000. Several alarms were sent in and a large number of engines worked on the fire. Two firemen were injured by a fallin wall, one of whom, N. C. Marggraf, will die. Shortly after 2 o'clock another section of the wall of the Wintermyer factory fell, injuring five more firemen. None of them

FEDERAL JUDGE AND STATE POLICE CLASH

Texas Officers Told to Keep Hands Off Dodge, of New York, While in Federal Custody.

jury, was to-day released on bond, rearrested and again released. Dodge to-day filed the \$10,000 bond required by the Federal Court, pending the hearing of an appeal in his case, and was immediately released. In a few minutes after he had made bond he alleged, of agents of District Attorney Jerome, of New York. Attorneys for Dodge then instituted habeas corpus proceedings, District Judge Kittrell, who issued an order to the effect that an officer of the State of Texas again interfering with Dodge while he is held in bond to the Federal Court would be held guilty of contempt and pun-ished accordingly. This resulted in the immediate release of the prisoner, who is now free until the time comes for his appearance in the Circuit Court of Appeals at New Orleans to show cause why he should not be taken back to New York to answer charges of perjury. The date for his appearance at New Orleans has not been set. The requisition granted by the Governor of Texas has been temporarily set aside by the proceedings in the Federal Court. Dodge would not discuss his plans nor will Mr. Jerome's agent say what is to be done.

TRANSPORTS READY TO SAIL ON SHORT NOTICE

Strong Force of Troops on Pacific Coast Prepared for Emergencies.

SAN FRANCISCO, Feb. 9 .- The United States transport Sherman is scheduled to sail for Manila on March 1 with the Twelfth Infantry and 400 cavalry recruits. The transports Buford, Crook, Meade and Warren are in port ready for an emergency, and the Logan is due here on Friday. Any of these vessels could be sent to the far East if necessary. On this coast there are now 3,700 troops. At the Presidio there are three regiments of infantry, the Tenth, Thirteenth and Fifteenth, part of the latter being at Monterey. The Nineteenth is at Vancouver. Part of the Ninth cavalry is at Monterey, part at the Presidio and the remainder at Walla Walla. The First, Fifth and the Twenty-fourth batteries of field artillery are at the Presidio, the Eighth and Twenty-sixth batteries at

JAPS RETURNING HOME

Many Start of Their Own Accord RUSSIA HAS 94 WAR and All Ready to Respond When Ordered.

VANCOUVER, B. C., Feb. 9.-Despite the lumbia has been issued by the Japanese government, twenty-five Vancouver Japanese will sail to-night from Victoria for Japan. They are going on their own initiative and will be joined at Victoria by a like number of their countrymen who desire to be early on hand to take part in the hostilities. It is estimated that there are in this province between 12,000 and 18,000 Japanese and among them are between 3,000 and 4,000 men who are likely to be called upon STOCKS SLUMPED ON to serve their country.

JUMPED FROM WINDOWS.

Many Persons Receive Broken Limbs and Some May Die.

NEW YORK, Feb. 9 .- Fire to-day destroyed the six-story building of the Brooklyn Chair Company on Waverley avenue, in Brooklyn. Over a dozen of the employes jumped from the second-story windows typical. Other shares fell correspondingly. and most of them suffered broken limbs. It is feared several may die of their in-juries. The loss is \$60,000.

MOVEMENTS OF STEAMERS

FUNCHAL, Maderia, Feb. 9.—Arrived: Auguste Victoria, from New York, for

Genoa, etc. LIZARD, Feb. 9.-Passed: Graf Waldersee, from New York, for Hamburg. LIVERPOOL, Feb. 9 .- Arrived: Saxonia. from New York. ANTWERP, Feb. 9.-Arrived: Zeeland, from New York.

INDIANA OBITUARY.

RICHMOND, Ind., Feb. 9.-John H. Mason, an aged and well-known citizen, was found dead last night at his home. was lying upon a couch, fully clothed. Mr. Mason had lived alone for some time. He was past seventy years of age. PORTLAND, Ind., Feb. 9.-Mrs. Emma Diviner, aged twenty-four years, died at her home here to-day Mrs. Elizabeth Welch, aged sixty-three years, dled in this city yesterday. TERRE HAUTE, Ind., Feb. 2.—Frank Carnarius, president of the Kreiger Verein, and who was in charge of the recent national meeting of the society here, died to-day, aged forty-three years.

FOURTEEN KILLED AND SCORE BADLY INJURED

Lumber District Blaze This Morn- Collision of Passenger Trains on Charles N. Truby, an Indianian, Jewelry Was Taken Off the Young C. P. Caused by Disobeying Running Orders.

OTTAWA, Ont., Feb. 9 .- Fourteen persons were killed and more than a score injured in a collision between two passenger trains on district. The fire started at Twenty-first the Canadian Pacific near Sand Point today. The trains in collision were the eastthe Wilce Lumber Company and occupied | bound and west-bound "Soo" specials. Both trains were under orders to stop at Sand The flames spread through the factory Point and pass there. Conductor Nidd, of with great rapidity and it was soon evident | the west-bound train, this evening admitted | will serve as the Journal's special corthat his engineer had orders to stop at Sand Point but failed to obey them. Ten of the

MAY FIND TROUBLE

killed were passengers.

Heading Into Fighting Zone with a Big Cargo of Meat Aboard for Russia.

SAN FRANCISCO, Feb. 9.-The Pacific Mail steamer Korea, which sailed on Feb. 2 from San Francisco for Japan and China, will be the first American vessel to sail East. She has on board a large cargo of meat for the Russian government, which has been shipped by way of Nagasaki. The Korea sailed from Honolulu yesterday without knowing that war had been declared. She goes from there direct to Yokohama, there being no way to reach her until she is in Japanese waters, unless, as suspected, Captain Seabury has orders to pro-ceed to Midway island, en route.

RUSHING HOME TO THEIR COUNTRY'S AID

Thousands of Japanese in the West.

SAN FRANCISCO, Feb. 9 .- The Japanese of San Francisco who are members of the reserves are busily making preparations to return to their native country, and take up arms in her defense. H. Yoshioka, sec-HOUSTON, Tex., Feb. 9.-C. F. Dodge, retary of the Japanese consulate, said today that it is probable that all members of the reserve will receive their home orcome through the consulate, but directly to each individual. Several hundred Jap-anese are reported to be coming from points in the interior to this city on their way to Japan.

> ITALIAN EXPERT VIEW OF JAPANESE VICTORY

> the far East, supposedly from the pen of

"The result of this first attack is excep-tionally grave and shows that the Russian also to a possibility of future catastrophies. The Japanese showed notable perspicuity and foresight and the fact that the Russians were surprised at night proves that they were not vigilant. If the Russian ships had been surrounded by metallic nets as is prescribed in warfare; if they had employed searchlights and especially if the torpedo-boat destroyers had been active this surprise could not have brought such ave proved their water scout service to be excellent as in the darkness of night they knew exactly where to strike. As the Russians have no dockyard facilities in the far East to repair the damages inflicted on their ships, it follows that the three vessels struck by torpedoes are useless for service in the present war."

GERMANS IMPRESSED BY JAPAN'S SUCCESS

in the first attack with torpedo boats on Groups gathered around the distributors of news almost with exclamations of gladness. The comment at the marine department was that even the temperary disablement of three warships placed the Russians at a great disadvantage in the future operations. It was added that the torpedoing of the enemy's vessels lying under powerful land batteries must have been carried out daringly and skillfully. As Viceroy Alexieff did not mention any Japanese losses in his first dispatch the common talk of the naval officers was that the TO JOIN THE COLORS Japanese have shown that they can handle

VESSELS IN FAR EAST

ST. PETERSBURG, Feb. 9.-The latest returns of Russian warships in the far and fifty-six torpedo boat destroyers and torpedo boats. Three more battleships and nine torpedo boats are to go to the far East ODESSA, Feb. 9.-The Russian volunteer cruiser Tampox sailed to-day with a full cargo for the far East. The Russian steamers Kieff and Vladimir are starting for the far East this week.

ST. PETERSBURG 'CHANGE

ST. PETERSBURG, Feb. 9.-Stocks slumped ominously here to-day. Four per cent. consols dropped from 144 to 139, Imperial rentes from 95 to 94, the Russian Bank of Foreign Trade from 320 to 300, International lost 20 points, Mastcheff Petroleum went down 20, Nobel shares lost 45 points, first premium State Loan lost 43, second premium State Loan 58, and third premium State Loan 34. These losses are

Japan Will Exhibit at St. Louis.

ST. LOUIS, Feb. 9.-Nanjime Ota, Japanese commissioner to the Louisiana Purchase Exposition, received a cablegram from the president of the Japanese com-NEW YORK, Feb. 9.-Arrived: Palatia, mission, Ki Youra, to-day which stated that from Genoa. Sailed: Kaiser Wilhelm der although peaceful relations between Japan Grosse, for Bremen. The Haverford, from and Russia were broken, the war would for the South, where they will spend the Liverpool, for New York, passed Nantucket | make no difference with the exhibits of | winter. Japan at the world's fair. Ki Youra is the minister of commerce and agriculture of Japan.

> No Coal from the Dutch. NEW YORK, Feb. 9.-Holland has deest neutrality, says a Herald dispatch from The Hague. In that case Russian vessels bound for Port Arthur will not be allowed to coal at any of her ports in East Indian

> Buchanan Returns Permanently. NEW YORK, Feb. 9 .- W. I. Buchanan, United States minister to Panama, arrived to-day from Colon. Mr. Buchanan said he probably would not return to Panama as the representative of this country.

Russian Transport at Port Said. PORT SAID, Egypt, Feb. 10.-The Russian transport Smelscaras has arrived here,

TO CURE A COLD IN ONE DAY

SPECIAL CORRESPONDENT ALREADY AT THE FRONT

Will Represent the Journal at Scene of Hostilities.

BLAME SPLENDID CABLE SERVICE

The Journal has completed arrangements of the Russian-Japanese war by a former resident of Indiana, who is already at the

Charles N. Truby, who has lived in Korea for several years and is thoroughly acquainted with the country and its people, respondent throughout the hostilities. Korea is already the storm center and there the major portion of the land fighting is likely to take place. Mr. Truby is an expert with the camera as well as a skilled writer and his war news will, without doubt, prove of great interest to Journal readers. The first of his articles will ap-

the regular special cable service of the Journal, this newspaper will, of course, have the full Associated Press service. Outside of its regular channels of news that great newsgathering association has made extraordinary preparations for reporting the events of the war. Trained staff men, many of whom have seen service in Cuba, the Philippines, Greece and the Balkans, are scattered about the warstricken territory with the Russian and Japanese armies and fleets and at the various cable stations. Owing to the difference in time between the United States and Europe the Associated Press is enabled to secure all the news from the English and continental newspapers in time for the morning editions of the American journals. Under recent copyright decisions none of the London newspapers can prevent the use of their published dispatches by the Associated Press London office, so that the American papers will secure all of the work done by the British correspond-

Flowery Kingdom the Magnet of REPUBLICANS NAMED THEIR CANDIDATES

> Complete List Nominated at Richmond Convention for County and City Offices.

RICHMOND, Ind., Feb. 9.-The full ticket nominated by the Republicans yes-

County-Congress, James E. Watson; senator, Roscoe Kirkman; joint representative from Wayne and Fayette counties, Richard N. Elliott; representative, Dr. M. W. Yencer; prosecuting attorney, Wilfred Jes-sup; treasurer, B. B. Mynch, jr.; recorder, Frank Mosbaugh; surveyor, R. A. Howard, coroner, Dr. S. C. Markley; commissioner of Western district, Ellwood Clark; commissioner of Middle district, John F. Dynes. City-Mayor, Dr. W. W. Zimmerman; clerk, John F. Taggart; treasurer, Charles A. Tennis; councilmen, Clark Thomas, W. Alexander, Henry Denker, Edgar Norris, H. H. Englebert, J. Rue Riffle, Fred Haner, O. A. Leftwich, Cash Peck. W. P. O'Neal, Charles S. Neal, A. M. Crowell, James E. Norris. Wayne township (including Richmond)-Trustee, Charles E. Patler; assessor, John M. Winslow.

ZIMMERMAN SAID TO BE HELD IN FARM HOUSE

Rumor Is that Two Freshmen Are Guarding President of Sophomores of Wabash.

At a meeting of freshmen class sometime ago, lots were drawn and it became the fortune of three men to kidnap Zimmer-man, and not let their plans get beyond

where he is. Two freshmen are guarding hidden some fifteen or twenty miles from here in a farmhouse. The efforts of the sophies, while strenuous, have proved unavailing. The freshmen fully expect to keep the president until after the 22d.

INDIANA NOTES.

Fleming transferring from Margaret Noonan to A. D. Wolverton 198.82 acres in Washington township. The consideration named was \$10,000. This is the land which was transferred by Wolverton to Miss Noonan after his wife had begun her action against him, and on which he was indicted for fraudulent transfer.

TERRE HAUTE .- O. P. Smith, an organweeks, left Tuesday night for the Whiting and Wabash oil fields, where he will be for several weeks. * * The Terre Haute Typographical Union at its annual meeting indorsed International President Lynch for

COLUMBUS.-The record for one day's circulation of books at the Columbus public library was broken this week. The highest previous circulation was a short time after the library opened, in August, 1899, and was 234. This week 240 books were given out in one day. At least one-third of the population of this city are users of the public

NEW ALBANY.-In a collision Tuesday between a Southern yard engine and a through freight engine the former was completely demolished. The crews leaped from the cabs and escaped injuries, except Fireman Ray Armstrong, of the through freight, who sustained internal injuries

WINDFALL.-The people of Windfall and vicinity are having such a scourge of measles as was never had before. Within the last three weeks there have been as many as fifty cases and there is no indica-tion of any abatement of the disease in the

GOSHEN.-Stockholders of the Globe Manufacturing Company of South Bend, recently organized to manufacture artificial coal from peat compounded with chemicals, were here Tuesday negotiating for swamp land adjacent to Goshen to locate a fuel

NEW ALBANY .- Police Sergeant William Adams, charged with loitering about saloons while on duty by Thomas Courtney, patrolman who was dismissed from the force last week, was exonerated Tuesday night by the Board of Police Commis

derson Loan Association, have resigned their places, and will leave in a few days

been a clerk in the auditing department of the Union Traction Company offices in this city, has been appointed cashier of the company. Mr. Moore has been in the service of the Traction Company four ALEXANDRIA .- By the bursting of the

ANDERSON .- Mr. A. H. Moore, who has

tank at the Lippincott glass works in this city at 6 o'clock Tuesday morning 252 workmen will be out of work for two weeks or more. Monetary damage to the factory LAFAYETTE.-The local lodge of Elks concluded a two nights' minstrel perform-

ance at the Grand Opera House Tuesday night and played to crowded houses both nights, the proceeds being large.

Strike Leaders Released. NEW ORLEANS, Feb. 9.-The Federal

Court of Appeals to-day rendered a decision reversing the judgment of the lower court and ordering the release of President Ben Commons and other members of the streetcar union who were found guilty of a conspiracy to obstruct the passage of the mails. The case grew out of the New Orleans Take Laxative Bromo Quinine Tablets. An street-car strike, which was characterized druggists refund the money if it fails to cure. by violence. A jury tried and convicted the W. Grove's signature is on each box. 250. street-car strike, which was characterized

CHICAGO POLICE PAY FOR DEAD GIRL'S GEMS

Woman While She Lay in Chicago Morgue.

Special to the Indianapolis Journal. LAPORTE, Ind., Feb. 9 .- Chris Flentye of this city, has settled with Chicago police for loss of \$700 worth of jewelry which on the person of his daughter, Mrs. Ella Wachs, when she lost her life in the Iroquois fire, and which disappeared after her body had been taken to the morgue and while it was in the custody of Officer William Gibbons, Mr. Flentye had several conferences with the captain of the central police station, but the latter claimed he was unable to find the missing gems, although every pawnship in the city had been

ious to make a settlement, offering to pay all the gems were worth, but Flentye wanted the jewelry and being unable to get the valuables his intention was to push both criminal and civil proceedings against the policeman, who had once been before the clice trial board in connection with the Laporte case, but after many overtures from the police Mr. Flentye concluded to accept the last offer made, which was \$100 nore than the valuation placed by him on In addition to Mr. Truby's reports and the gems. The money was delivered immediately, Mr. Flentye, however, insisting upon agreement, according to which the police will continue searching for jewelry and the money received by Mr. Flentye will be refunded when the gems

Big Order for Ties.

Special to the Indianapolis Journal. NEW ALBANY, Ind., Feb. 9.-The Pennsylvania Railway Company has given orders to local dealers for 1,500,000 cross-ties, to be delivered in the yards of the company in this city this spring. The ties will cost the company nearly \$600,000.

MRS. POST GUILTY OF SCHEME TO DEFRAUD

Used Mails to Conduct an "Absent Treatment" Method of Curing Diseases.

JACKSONVILLE, Fls., Feb. 9 .- A verdict of guilty was returned this evening by the jury in the case against Helen Wilmans Post, who has been on trial for the past ten days in the United States Court. The charge against Mrs. Post is that she had devised a scheme to defraud divers people and that she used the United States mails to further said scheme. She claimed

There are eleven other indictments against Mrs. Post and her husband, C. C. Post, and her son-in-law, Charles C. Bergman.

WABASH RIVER ON ANOTHER RAMPAGE

Streets of Taylorville Are Again Being Flooded and Outlook Is Serious.

Special to the Indianapolis Journal. TERRE HAUTE, Ind., Feb. 9.-The Wabash river has reached the eighteen-foot stage, and is again flowing in some of the streets of Taylorville, opposite Terre Haute, most of whose inhabitants had to leave their houses two weeks ago when the river was high. Reports from points below Terre Haute indicate a comparatively higher stage down stream than when the twentyone-foot stage was reached here on the occasion of the freshet two weeks ago.

CONSTABULARY DESERT AND START A REVOLT

and Some Cash Taken by Deserters-Priests Fired On.

Fifty Rifles, Much Ammunition

AMERICANS IN PURSUIT

MANILA, Feb. 9.-Seventeen members of the constabulary stationed at Vigan, one of the leading business centers of Luzon, have deserted, taking with them fifty rifles, 5,000 rounds of ammunition and \$700, obtained by looting the commissary department. The number of fugitives have since been augmented by a party of eighty escaping from the same quarter. Governor Wright promptly requested military assistance, and Colonel Thomas immediately dispatched a squadron of cavalry scouts in pursuit, and Colonel Scott left to-day with

a body of constabulary. Later advices indicate that the revolt of the constabulary at Vigan has developed into a small uprising against the Americans and loyal Filipinos. Two American priests, Fathers McGloskey and Kirk, have been fired on, but no casualties are reported. The telegraph wires leading to the disturbed district have been cut. Ricarte, one of the former Filipino lead-ers, is believed to be at the head of this

Shows Farmers Prosperous.

special to the Indianapolis Journal. ALEXANDRIA, Ind., Feb. 9 .- Out of 600 delinquent pieces of property advertised for sale for taxes in this county this year, not a dozen pieces of farm property were included and only those which the sale would allow the title cleared were put up.

into action

RINKING Coffee, or Tea, to spur on a tired Brain and Nerves, is like flogging a Starving horse to make him look spirited.

Every bit of action thus forced, means a heavy draft on the future.

With the majority of people Coffee trades upon to-morrow's vitality, like Opium, weakening the Heart, and arresting the Digestion of food eaten with it.

Can you quit coffee to-day if you want to? Well, here is a good reason for quitting it, while you can!

Coffee acts directly, and disastrously, upon the Spinal Cord, which is the center of the whole Nervous System. If you doubt this, try the following test.

Take four cups of strong coffee, without food, upon an empty stomach, in the morning. Then note the tremors that seize you!

These tremors spring from the same cause as the shaking hand of the confirmed Coffee Toper. They are shudders of the Spinal Cord, in a Coffeelashed system.

A weary Brain and Nerves need feeding instead of flogging! If they don't work well without coffee, you may be sure they

won't work long with it. What they need is neither tonic nor stimulant, but food of a kind that will restore the Phosphates and Albumen, consumed in

excess by overwork. These constituents, if assimilated, will build Brain and Nerve up to normal condition, and keep them feeling as good all day as Coffee makes them feel for a few minutes in the day.

In the outer coats of the Wheat berry are located the richest and readiest form of Brain-building and Nerve-feeding elements, the substances which are consumed in mental activity.

This portion of the wheat cannot be digested by the stomach, in the form of Flour, or Bread, because it consists largely of a woody fibre, enclosing, in sealed up cells, the tiny Mineral particles that are such rapid builders of Brain and Nerve tissue.

But—what is not milled into a digestible condition can be mulled into it, by the Post process, under which Postum Food Coffee is made.

This process so loosens the mineral particles from their sheaths of Cellulose, that fifteen minutes' boiling of "Postum" extracts the Brain-building materials in fluid form, ready for prompt assimilation, while leaving the useless woody portion in the coffee pot.

"Postum" feeds, with these elements, what Coffee or Tea exhausts, through over-stimulation. "Postum" builds Brain, Nerve, and Heart, while Coffee

corrodes and weakens them. "Postum" differs from coarse Rio Coffee in flavor, resembling instead fine Old Government Java, while costing no more than

common bitter Coffee. But, -don't use Postum at all unless boiled fully fifteen minutes, because it takes that minimum time to free the Brain-food

in it, and to develop its rich flavor and aroma. Postum is a Coffee-cure, and a logical Nerve-feeder. Try it for ten days and note the striking improvement.

Postum Food Coffee